

A roadmap to effective falls prevention

*F*ollow the signposts from 1 to 4 to prevent falls.

- Prevent injuries.
- Consider using floor mats, beds, and such protective devices as helmets.

4

3

- Take fall precautions.
- Provide a safe environment.
- Address physiologic factors, such as impaired vision.

2

- Identify patients at risk.
- Consider risk factors for anticipated physiologic falls, unanticipated physiologic falls, and accidental falls.
- Screen all patients for injury risk and fall-related injury history.

1

- Create the right environment.
- Use evidence-based practice.
- Engage staff and patients.
- Measure outcomes.

Fast facts

In the next **20 minutes**,
an older adult will die from injuries
caused by a fall.



Resources

Three key resources for preventing falls and protecting patients from injuries:



Agency for Healthcare Research and Quality.

Preventing falls in hospitals: a toolkit for improving quality of care. 2013.
www.ahrq.gov/professionals/systems/hospital/fallpxtoolkit/index.html



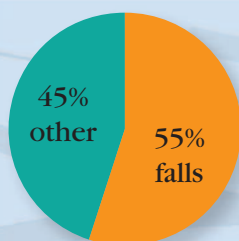
Boushon B, Nielsen G, Quigley P, et al.

Transforming Care at the Bedside How-to Guide: Reducing Patient Injuries from Falls. Cambridge, MA: Institute for Healthcare Improvement; 2012.
www.safetyandquality.health.wa.gov.au/docs/squire/IHI%20Guide_Reducing_Patient_Injuries_from_Falls.pdf



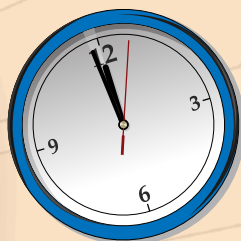
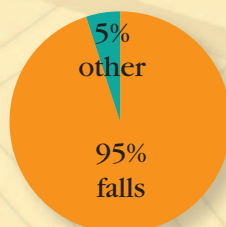
U.S. Department of Veterans Affairs. VA

National Center for Patient Safety. Falls Toolkit. 2014.
www.patientsafety.va.gov/professionals/onthejob/falls.asp



Causes of **traumatic brain injuries** in children (0 to 14 years)

Causes of **hip fractures**



In the next **13 seconds**,
an older adult will be treated in a hospital
emergency department for injuries related to
a fall.

Unintentional falls are the leading cause of nonfatal injuries treated in emergency departments for all age groups except ages 10-14 and 15-24. For those age groups, falls came in second.

